CLAIMS:

1. A physical training apparatus comprising a main frame having a base, a front portion and a back portion having an upright portion spaced from the front portion, a moveable carriage slidable with respect to the front portion of the main frame, a cable connected by one of its ends to the carriage and extending from the front portion to the upright portion, and a weight pivotally mounted on the upright portion connected to the other end of the cable and positioned above the base of the main frame rearward of the front portion, the arrangement being such that a driving force on the carriage causes the weight to rise thereby providing resistance to the driving force on the carriage.

2. Apparatus according to claim 1 wherein the upright portion consists of a pair of spaced apart front posts and a pair of spaced apart rear posts and wherein the weight is pivotally mounted at or adjacent to the upper end of the front posts.

3. Apparatus according to claim 2 wherein a quadrant is pivotally mounted at or adjacent the upper end of the front posts about the same axis as the weight.

4. Apparatus according to claim 3 wherein the weight is connected to the quadrant arm.

5. Apparatus according to claim 4 wherein the weight is mounted on an axle mounted on a pair of bars extending from the axis and the bars are adjustably connectable to the quadrant.

6. Apparatus according to claim 2 and including a first pulley at or adjacent to the top of the rear posts, a second pulley at or adjacent to the base of the rear posts and a third pulley at or adjacent to the front of the front portion and wherein the cable extends from the quadrant around the first, second and third pulleys to the carriage.

7. Apparatus according to claim 1 wherein the carriage consists of a pair of spaced apart slide members adapted to move along horizontal rails.

8. Apparatus according to claim 7 wherein each slide member has a pair of upper wheels and a lower wheel which engage the upper and lower faces of the respective rails.

9. Apparatus according to claim 1 wherein the carriage is slidable in a generally horizontal plane.

10. Apparatus according to claim 1 wherein the carriage is slidable in a generally vertical plane.

11. Apparatus according to claim 1 wherein the carriage is slidable along an inclined frame.

12. Apparatus according to claim 1 wherein the weight is pivotally mounted at or adjacent to an upper part of the upright portion.

13. Apparatus according to claim 1 wherein the upright portion has a front frame and a rear frame and wherein the weight is pivotally mounted at or adjacent to an upper part of the rear frame.

14. Apparatus according to claim 1 wherein the upright portion has a front frame, a rear frame and a cross-bar connected between the front frame and the rear frame and wherein the weight is pivotally mounted on the cross-bar.

15. Apparatus according to claim 1 including a first pulley at the front of the base of the upright portion, and a second pulley at or adjacent the top of the upright portion spaced rearwardly of the first pulley and wherein the cable extends from the carriage, around the first pulley and the second pulley to the weight.

16. Apparatus according to claim 1 including a first pulley at or adjacent the base and a second pulley at or adjacent the top of the upright portion and wherein a first cable extends from the carriage around the first and second pulleys with its other end secured to the base, and further including a third pulley rearward of the second pulley and a second cable extending from the second pulley around the third pulley to the weight.